

## Seven Week Muffin

## *Breakfast Day 7*

**Preheat oven to 375 degrees F.**

**Baking time 15 to 25 minutes**

### Ingredients:

3 cups All-Bran Cereal or Wheaties  
3 cups Mini Shredded Wheat Cereal  
3 cups Quick Oatmeal  
3 cups boiling water  
1 ½ cups liquid margarine  
6 eggs or 1 ½ cups Egg Beaters  
4 ½ cups sugar  
6 cups buttermilk  
7 cups flour  
1 ½ teaspoon Baking Soda

1. Mix the three cereals together.
2. Pour boiling water over the cereals.
3. Add liquid margarine, eggs, sugar, and cereals. Stir together.
4. Spoon into cupcake pans line with paper cups.
5. Bake at 375 degrees F. for 15-25 minutes or until muffins spring back when touched lightly in the center.
6. Remove from pans.
7. Immediately, place on wire rack to cool.

**Makes 34–36 regular size muffins (4-ounce)**

